

Schools announce Community Partnership Day

By JO1 Christopher E. Tucker

In an effort to increase communication with the community, A.T. Mahan Elementary School and High School are holding a Schools-Community Partnership Day on the first day of school Aug. 25.

The purpose of this first-of-its-kind Department of Defense Dependents Schools open house is to introduce parents to their children's teachers and provide an opportunity for parents to see classrooms and other school facilities.

"The idea is to welcome parents and community members into the schools to meet the teachers, experience the programs and take a look at the facility and curriculum so that we can enlist their support throughout the school

year," said A.T. Mahan High School Principal Debra K. Johnson.

"This is something that the parents have wanted for as long as I've been involved with Department of Defense Schools," said A.T. Mahan Elementary School Principal Richard R. Alix. "They want to know who the teachers are, meet them in person, see the classroom and ask questions that pertain to their child's education. We hope this will become an annual event." The partnership day will include orientation programs at the elementary school in the morning, a mid-day town hall meeting and afternoon orientation programs at the high school. In addition to school and classroom program presentations, there will be opportunities for parents and children to sign up for base and school activities.

The following is a schedule of the day's

events:

Elementary School Orientation

Kindergarten - 8:30 a.m. school orientation, 8:45 - 9:05 a.m. classroom programs
Grade One - 8:50 a.m. school orientation, 9:05 - 9:25 a.m. classroom programs
Grade Two - 9:15 a.m. school orientation, 9:35 - 9:55 a.m. classroom programs
Grade Three - 9:35 a.m. school orientation, 10:05 - 10:25 a.m. classroom programs
Grade Four - 10 a.m. school orientation, 10:20 - 10:50 classroom programs
Grade Five - 10:20 a.m. school orientation, 10:40 - 11 a.m. classroom program
Grade Six - 10:40 a.m. school orientation, 11 - 11:20 a.m. classroom program

School and community sign ups will be in the elementary school entrance hallway throughout

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'Safety' is the buzzword at NAS Weapons

By JO2 Mike Jones

It's no accident NAS Weapons Department and its facilities are located away from the populated areas of the base, but without it, protection of the North Atlantic provided by NAS Keflavik might consist of shooting spitballs and throwing lava rocks.

Maintaining 22 explosive magazines, four operating buildings and 415 ammunition line items, Weapons Department Sailors work to ensure explosive safety in the execution of all weapons operations conducted at NAS Keflavik.

Weapons Department work and storage spaces currently reside in areas of the base previously occupied by American Forces during World War II.

Although the need to maintain Patterson Field, the airstrip located just outside the main gate, and Camp Harrison, the U.S. Army outpost just off NAVFAC Road, has ceased, the importance of NAS Weapons, housed in nearby facilities, grew as the Cold War ensued.

Today, the Sailors of NAS Weapons work diligently to ensure the base's arsenal is well

stocked and kept within strict standards. "Every piece of ordnance on this base, down to the bullet, is accounted for," said AO2 Scott Young, weapons quality assurance petty officer. "We're in the process of relocating our inventory to a new facility that's being built on base," said Chief Warrant Officer Chris Perkins, NAS Weapons officer in charge. "The new facilities will provide easier access for us," he said.

In preparation for the move, members of NAS Weapons have been carefully inventorying several ordnance shelters near Patterson Field.

To say safety is enforced would be an understatement. "We have to make sure everything is done right," said AO3 Joshua D. Johnston, magazine crew assistant supervisor. "Safety is paramount with everything and everybody that works here. We don't do anything that isn't safe."

"We have quite a few technical publications that are constantly being updated," said AO3 Christina Opalko, technical publication librarian. "Anytime we're doing anything, our pub-

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NAS Keflavik to receive SECNAV safety award

Submitted by
NAS Keflavik Safety Department

For recognition of the safety and health program at NAS Keflavik, Elsie Munsell, deputy assistant secretary of the Navy for environment and safety, will present NAS Keflavik with the Secretary of the Navy Safety Award.

Commander, Iceland Defense Force, Rear Adm. David Architzel, NAS Keflavik Commanding Officer, Capt. Mark Anthony and NAS Keflavik Safety Manager Magnus Gudmundsson will receive the award on behalf of the station.

The ceremony is scheduled for 11 a.m., Aug. 25 in the auditorium of Hangar 831. Immediately following the presentation, NAS Safety Department will host a safety day open house at Hangar 830 from 11:30 a.m. - 2 p.m. This will be an opportunity for base residents to visit the Safety Office's new location and to meet safety inspectors.

White Falcon

Commander, Iceland Defense Force
Commander, Fleet Air Keflavik
Rear Adm. David Architzel

The *White Falcon* is produced by the Iceland Defense Force staff. The editorial content of this newspaper is prepared, edited and provided by the public affairs office of IDF. Photo processing is provided by Commander, Fleet Air Keflavik.

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Questions or comments can be directed to the public affairs officer or the editor. The *White Falcon* staff can be reached by calling 4612 or 6492, e-mail pao@idfcl.navy.mil or stopping by Bldg. 936. The deadline for story submissions is close of business Friday for the following week of publication. The *White Falcon* reserves the right to edit all submissions.

The *White Falcon* is published every Friday by Vikurfréttir, whose office is located at Grundarvegur 23, 260 Njarvik. Icelandic businesses interested in advertising in The *White Falcon* may contact Jonas Franz at 0-421-4717, fax 421-2777 or e-mail franz@vfi.is. U.S. businesses please contact Erica Kent, director of marketing, at 425-6258 or email kentfam@mwr.is. The *White Falcon* is printed at Stapaprent in Keflavik.

The *White Falcon* is online at www.netskef.navy.mil

Commander In the Spotlight Marine Corps Security Force Company

Greetings from Marine Corps Security Force Company Keflavik, Iceland. My name is Maj. Willard A. "Willy" Buhl and I am privileged to be the Commanding Officer of an elite unit of Marines that constitute the nucleus of the Ground Defense Force for NAS Keflavik and the Iceland Defense Force.

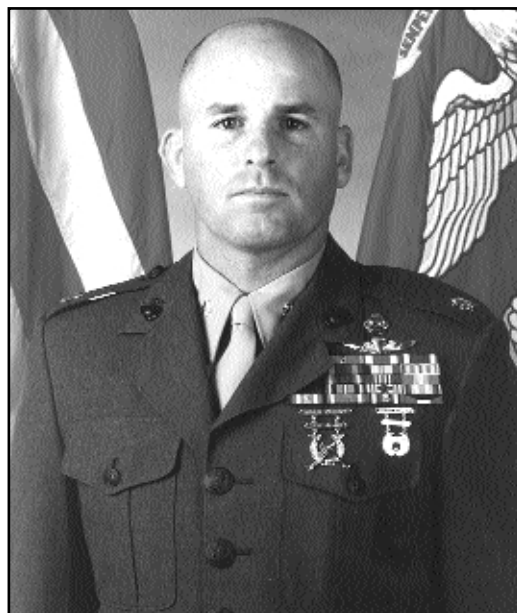
Day to day we train in security operations, infantry tactics and cold weather skills. Our primary mission is to be prepared to assist the Navy and Air Force Security Forces here in Keflavik in the event of a contingency that requires armed, combat-trained Marines to shoot, move and communicate with crew served weapons.

As the nucleus of your Ground Defense Force, the Marines are principally responsible for the ground defense of U.S. military and NATO personnel and the high value assets here at NAS Keflavik and the surrounding countryside. We also have a secondary mission: to be prepared to protect the American Embassy in Reykjavik.

As part of the NAS community, Marines perform color guards for changes of command, retirements, school graduations and other special events. We also help children get on and off school busses during adverse weather and work with many of the worthwhile organizations aboard our Naval Air Station.

I can tell you that I could not be more honored and proud to serve here in Keflavik. It is a daily privilege representing the Commandant of the Marine Corps, leading an elite group of Marines and working with our sister services and NATO allies. My family has also really enjoyed the many wonderful things Iceland has to offer. We've shared friendship with some special people and taken time to explore the beautiful countryside and the numerous interesting cultural aspects of this great nation. I strongly encourage our Marines to do the same.

As a command, we've conducted a number of organized unit trips that have been challenging and fun. Iceland is a great place and NAS Keflavik is a unique post with a great command climate, family friendly environment and many, many opportunities. For example, we are sending a squad of Infantry Marines to participate in the Partnership For Peace Exercise "COOPERATIVE BEST EFFORT 2000" in Cluj-Napoca, Romania from Sept. 9-23. This exercise will bring infantry squads from 17 nations together for a military skills competition. In Romania, your



Keflavik Marines and our NAS Hospital Corpsmen will represent the United States of America as well as NAS Keflavik and the Navy and Marine Corps Team. As you can imagine, our Marines and Sailors are very excited about this opportunity and are training hard in preparation for it.

We were also able to participate in Memorial Day 2000 Ceremonies with U.S. Marines and Sailors from around Europe and their French Marine comrades at the Aisne-Marne Cemetery, Belleau Wood, France. NAS Air Operations flew us to Paris in the NAS UP3 and your Marines and Sailors made the front page of the Navy and Marine Corps Times.

For all these reasons and many more, I know that I speak for all of our Marines when I say that it is an honor and a pleasure to serve here in Iceland. We are all looking forward to the year ahead and meeting and working the great people who make this part of the planet special.

God Bless and Semper Fidelis,

Maj. Willy Buhl

Editorial - Buyer Beware: Dietary Supplements and Your Health

Submitted by Lt. Scott Pusateri

A quick glance through any fitness or muscle magazine will reveal advertisements for dietary supplements, results guaranteed. However, athletes who take dietary supplements have no guarantee that a supplement will produce the desired results or is even safe. Medical journals increasingly document results that the glossy articles ignore. Recently, a young body builder experienced muscle growth, but his arms became so swollen from water retention that emergency surgery was required to save his arms. He spent a month in the hospital as the result of internal organ damage. Although this case is severe, it illustrates the health risks of dietary supplements.

Whether to increase athletic performance, improve memory, or cure depression, Americans are increasingly turning to creatine, ginkgo biloba, St. John's Wort and a host of other dietary supplements. In a recent national survey, approximately 40 percent of respondents reported using herbal remedies. Business has responded to the new demand - supplement sales have grown by close to 80 percent since 1994 and are projected to exceed \$15 billion this year.

The growth of supplement use can be attrib-

uted in part to passage of the Dietary Supplement and Health Education Act in 1994. Congress passed this legislation in an attempt to expand consumers' healthcare options. Unfortunately, consumers may be getting unhealthy choices.

Dietary supplements, which include vitamins, minerals, herbals, and amino acids, are exempt from Food and Drug Administration regulations. Standards that require manufacturers to demonstrate the safety, purity, and effectiveness of their products before they can be marketed do not apply. For example, supplement marketers can claim a product cures cancer, as long as they are not actually selling the product at the same time. This lack of oversight is in part responsible for Navy policy prohibiting the use of supplements for all personnel on flight status.

Once a supplement has been sold, the FDA is limited in its ability to remove a harmful product. Unlike regulated products, manufacturers of dietary supplements do not have to disclose adverse events resulting from use of their products. Dr. Howard Mofenson, director of the Long Island Poison center in Mineola, N.Y. states, "This law is the greatest uncontrolled experiment that the United States has ever undergone."

The purity of dietary supplements is not

guaranteed. Manufacturers can legally vary supplement ingredients without changing package labeling. A recent study found that concentrations of a particular supplement varied from zero to 154 percent in half of the samples obtained. Pharmacist Bill Gurley notes that dangerous supplement combinations are sometimes sold, which are "merely 'natural' alternatives to previously banned amphetamine look-alike drugs."

Supplement contamination is another concern. In 1998, California researchers evaluated 260 imported Asian herbals and found that nearly one-third contained drugs not listed on the label or contained lead, arsenic or mercury. Prescription medications and supplements can also have life-threatening interactions.

In the future, the problems with dietary supplements may be alleviated. Until then, the Mayo Clinic offers the following guidelines for supplement use:

- Don't use herbal remedies for serious illnesses.
- Dietary supplements should not be given to children.
- Women who are pregnant or who are trying to get pregnant should not use supplements.
- To avoid drug interactions, tell your physician and pharmacist about all supplements taken.



By Ildy Clark

What to visit: The Reykjavík Botanical Gardens

How to get there: From the main gate, turn right on Highway 41 to Reykjavík and keep on this road when it changes to Highway 40. Follow 40 (Kringlumýrarbraut), go through the Miklabraut intersection, then take second right on to Suðurlandsbraut, then take a left on to Englavegur which winds around into the parking lot serving the park and the skating rink.

When to go: Summer, April 1 – Sept. 30, 10a.m. to 10p.m. Free admission.

For those who have enjoyed visiting the Family Park and Zoo, there is another attraction right next to the Family Park called the Botanical Gardens. Before the summer becomes a memory, I recommend a trip to these delightful gardens. They have been lovingly tended since 1961, and are part of the city program that includes a camping area, swimming pool and skating rink.

There is a map showing the general layout of the gardens at the entrance just off the parking lot. The first area you come to has two sculptures with a waterfall that children really like to investigate.

The lakes with ducks and Icelandic flora are to the left and the arboretum, with its various tree species, are to the right. Anyone missing their garden back in the States, or even the sheer joy of standing beneath the leafy boughs of a tree, will return to this park again and



The author and her three-year-old son, Randy, enjoy some ice cream at the Botanical Gardens in Reykjavík. (Photo by Bill Clark)

again.

My particular interest was in the herb gardens toward the greenhouse. Carefully rubbing the leaves of spearmint or basil, I encouraged my pre-schooler to smell the fragrances and appreciate the plants. Our family found that the greenhouse in the center of the gardens housed a welcome surprise called "Café Flóran," which served refreshments with tables outside

and inside.

We rounded off our visit with a walk through the rose garden and the tall delphiniums, which harbored busy bumblebees collecting pollen.

Take advantage of the days still left in the summer season to enjoy the blooms and the walk through the gardens. It is nice to be able to send pictures with the color and beauty of the park in the background to folks at home.

LYTE BYTES

By Chaplain Tad Gegotek

Do you ever take risks because of your faith in God and your trust in His word? Many of us go through life never realizing our full potential and never exploiting our God-given gifts simply because we are unwilling to take risks in life.

When I return to my boyhood home, it strikes me a bit tragic when I see how some of my classmates have squandered the great gifts that God gave them. They simply did little or nothing with their life.

The following story illustrates my point:

When the slow-moving clerk in a small store was not around one morning, a customer asked the owner's young son, "Where's Eddie? Is he sick?"

"Nope, he ain't workin' here no more," was the reply.

"Do you have anyone in mind for the vacancy?" inquired the customer.

"Nope! Eddie didn't leave no vacancy!"

We smile, but the statement that characterized Eddie applies equally to many of us!

In serving God, we are sometimes so weak and colorless that if we leave the community, our absence would be scarcely noticed.

Taking Risks

Taking risks in life requires us to place our faith in God and trust that He cares enough about us, and what we are doing, to give us success and protection. Our failure to give Christian witness in difficult situations usually is because we do not want to take the risk of getting hurt by taking a stand.

Witnessing for God and standing up for our Lord's teaching requires risk and sometimes persecution and suffering. People who play it too safe take the greatest risks. Did you know that? In the long haul, the intelligent risk takers develop the greatest security. It's a wise person who learns the importance of risk-taking.

During World War II, Psychologist E. Paul Torrance made a study of United States flying aces in the Pacific theater of operations. He reported that the most salient characteristic of the ace was his risk-taking ability. Throughout his life, he kept testing the limits of his abilities. The life histories of these men showed that they were highly resistant to accidents, and in combat they suffered fewer casualties than pilots who were inclined to play it safe. Torrance said, "Living itself is a risky business. If we spent as much time learning how to take risks as we spend avoiding them, we wouldn't have nearly so much to fear in life."

Let us, this day, take a hard look into our hearts and see if we too are not playing it too safe and thus failing to use our God given gifts and failing to give witness when God is counting on us.

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the morning.

11:45 a.m. - 12:45 p.m. - Elementary and High School town hall meeting in Andrews Theater

High School Orientation

1:15 - 1:30 p.m. - General session

1:35 - 1:45 p.m. - Period One orientation in classrooms

1:50 - 2 p.m. - Period Two orientation in classrooms

2:05 - 2:15 p.m. - Period Three orientation in classrooms

2:20 - 2:30 p.m. - Period Four orientation in classrooms

2:35 - 2:45 p.m. - Period Five orientation in classrooms

2:50 - 3 p.m. - Period Six orientation in classrooms

3:05 - 3:15 p.m. - Period Seven orientation in classrooms

3:20 - 4 p.m. - Community and school sign up session in the multi-purpose room

Johnson and Alix said when they planned the schedule they tried to accommodate parents who have more than one child in school. However, they added that any parent who is unable to meet all their children's teachers on partnership day can schedule one-on-one meetings with teachers during the school year.

"Studies have shown that parental involvement in education, both at school and at home, results in not only increased achievement in school, but increased success in life," Johnson said.

Johnson and Alix added that senior leadership on base were supporting the day by

encouraging commands to release people from work to attend the event as the mission allows.

"Our children really are our most precious resource," said Johnson. "Even though this may involve taking time from work, it's a commitment that is worthwhile and valuable. We hope this will payoff throughout the school year by making parents feel more comfortable in approaching their children's teachers with questions."

"The schools' doors are always open," said Alix. "The school year is a journey that we can take together. This is a good investment."

Johnson and Alix said partnership day ties in with the Department of Defense Education Activity's plan of emphasizing community partnerships.



QM1 James Gathman demonstrates how military uniforms are sorted at the Lucky Bag. The Lucky Bag is the only shop on base where personnel can shop for free used uniforms.

Lucky Bag offers free uniforms

Story and photo by JO1 Evelyn F. Biskeborn

The cost of military uniforms can run into hundreds of dollars for service members. At the NAS Keflavik Lucky Bag, located in Building 1002, service members can shop for uniforms free-of-cost Tuesdays and Thursdays, 10 a.m. - 2 p.m. Although uniforms are not new, most are in good to excellent condition and available to all military personnel. Uniform insignias, shoes, jackets and coats are also available.

QM1 James Gathman, NAS Keflavik chief master-at-arms, said he conceived the idea of opening the Lucky Bag when he realized there were a lot of uniforms being donated to the Thrift Shop by personnel moving up in rank, transferring to a different climate, retiring or processing out of the military. Since the Thrift Shop is not authorized to sell uniforms, they began to accumulate. Gathman said he knew he needed to organize them and figure out how to make them available to military personnel. With the help of Navy ombudsmen and base volunteers, uniforms and related items were sorted and the Lucky Bag opened July 6.

"It's a re-issue point. It's like a thrift store but for military uniforms. Although the majority of uniforms are for Navy personnel, we also get in uniforms for the Marine Corps and the Air Force. There are also camouflage uniforms available to all personnel."

According to 85th Logistics Squadron, First Sgt. Bryan Fowler, the Air Force on base does not have a service equivalent to the Lucky Bag.

Gathman said they have approximately 200 uniforms for both enlisted and commissioned personnel. He added that although there are no

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NEX continues School Lunch program

Submitted by NEX

NAS Keflavik's Navy Exchange (NEX) manages the United States Department of Agriculture (USDA) National School Lunch Program for the base elementary and high school. Students will continue to pay \$1.95 per lunch at the elementary school and \$2.10 per lunch at the high school for the upcoming school year. "These prices remain unchanged from last year even though the NEX is operating the program at a loss," said NEX General Manager Don Mohlman.

Under the USDA School Lunch Program, qualifying families are able to purchase meal tickets for a reduced price of 40 cents per meal or receive tickets at no cost. Families wishing to qualify for reduced rates can pick up applications at the NEX accounting office. Sponsors will need to provide a valid military ID, a copy of their orders and the most current LES to apply for these special rates. Sponsors of preregistered students will receive letters from the NEX with detailed information about the school meal program and how to obtain lunch tickets.

Regular priced lunch tickets for students at NAS Keflavik will be available in the vending machine at the Viking Mall. Both regular priced and reduced-rate tickets will be available at the NEX cash office.

Salute to Excellence



NAS AIMD Maintenance Officer Lt. Cmdr. John E. Erickson presents AT1 Patricia Derosia with the Navy and Marine Corps Achievement Medal during a Ceremony Aug. 4.



NAS Supply Officer Cmdr. Andy Mackel presents MS3 Euell Whitted with the Navy and Marine Corps Achievement Medal during a ceremony July 27.



Commander, Iceland Defense Force Rear Adm. David Architzel presents YN2 Marco Spivey with the Joint Service Achievement Medal during a ceremony Aug. 16.



NAS Supply Officer Cmdr. Andy Mackel presents SK1 Kevin Weitzel with a Letter of Commendation during a ceremony July 27.



Naval Media Center Chief Petty Officer in Charge JOC Roger Dutcher reenlisted JO1 Eric Franklin for three years during a ceremony Aug. 2. Franklin's next duty station will be Naval Recruiting District Columbus, Ohio.

NAS Weapons continued from page 1

lications are up to date.”

The opportunity to learn the requirements needed to work in a weapons department was welcomed by Navy Security's GM3 John Moore. “Currently, I'm temporarily assigned with the weapons department. I'm learning all about the gunner's mate ordnance, small arms ... things like that,” he said. “So far, it's turned out great. I've learned how to train others about gun safety and proper gun handling. I've really enjoyed this.”

“The most rewarding aspect of this job, for me, is the chance to get to do something different every day,” Young said. The camaraderie among the sailors at NAS Weapons is another positive aspect to the job, he added. “We're pretty close. We're a tight unit. We watch out for each other.”

Laboratory receives accreditation from College of American Pathologists

Submitted by Naval Hospital Keflavik

U.S. Naval Hospital, Keflavik Laboratory Department has been awarded an accreditation by the Commission on Laboratory Accreditation of the College of American Pathologists (CAP), based on the results of a recent on-site inspection.

The laboratory's director was advised of this recognition and congratulated for the "excellence of services being provided." U.S. Naval

Hospital Keflavik Laboratory Department is one of more than 6,000 CAP-accredited laboratories.

The CAP Laboratory Accreditation Program, begun in the early 1960s, is recognized by the federal government as being equal to or more stringent than the government's own inspection program.

Inspectors examine the records and quality control of the laboratory for the preceding two years, as well as the education and qualifications of the total staff, the adequacy of the

facilities, the equipment, laboratory safety, and laboratory management to determine how well the laboratory is serving the patient.

The College of American Pathologists is a medical society serving nearly 16,000 physician members and the laboratory community throughout the world. It is the world's largest association composed exclusively of pathologists and is widely considered the leader in laboratory quality assurance. The CAP is an advocate for high-quality and cost-effective medical care.

Navy-Marine Corps Relief Society offers education help

Submitted by the Family Service Center

NAS Keflavik's Navy-Marine Corps Relief Society (NMCRS) office provides more than just emergency travel assistance. It can also help finance educational goals.

During the colleges' Term I registration period, NMCRS granted a total of \$8,306.50 to 28 college-bound Navy and Marine spouses at NAS Keflavik.

The Spouse Tuition Assistance Program (STAP) provides qualifying spouses stationed overseas with their service member a grant of up to 50 percent of tuition costs per college term.

STAP applications are available at Navy College, all college offices and the NMCRS office.

The Vice Admiral E. P. Travers Scholarship and Loan Program provides grants and interest-free loans for dependent children of active duty and retired service members, as well as spouses of active duty

service members. Qualified students may receive a grant of up to \$2,000 or loan of up to \$3,000 per academic year. Applications and more information are available at the NMCRS office or on the web at www.nmcrs.org. All applications must be mailed to NMCRS Headquarters by March 1.

Service members may also apply for educational assistance through NMCRS's Tuition Assistance Program/GI Bill.

The society offers loans to cover all or a portion of the service member's share of tuition. Loans are also offered to allow enrollment under the GI Bill if education benefits from the Veteran's Affairs Office are not received in time to permit enrollment.

Applications can be made through the local NMCRS office and are approved on a case-by-case basis depending on a service member's financial standing.

NMCRS volunteers are available for assistance 10 a.m. - 2 p.m., Monday - Friday. Call 4923 for more information or visit the office located in the Family Service Center.

Lucky Bag from 4

fitting rooms at the store, there are racks of shirts, stacks of pants and piles of shoes personnel can sift through. Most uniforms do have sizes on them.

The Lucky Bag is run by volunteers, and Gathman said that presently, the Lucky Bag is in dire need of personnel. He said that the Lucky Bag may also open for additional hours, including evening hours, if volunteers can be recruited. He said anyone interested in volunteering can call Arndis Halfdanardottir, ombudsman coordinator for the Family Service Center at 4401. Personnel interested in donating uniforms or related items from any branch of the military may drop them off at the Lucky Bag when the store is open.

Gathman said the Lucky Bag is important for many reasons but two in particular, "Sometimes military personnel are unable to purchase uniforms or related items at the uniform shop on base. The Lucky Bag provides an immediate alternative that does not put a dent in anyone's pocket. It's also a quality of life and readiness issue."



IceTales website: welcome.to/icetales

News You Can Use

Chapel of Light

• The Pioneer Club will be open from 6 - 8 p.m., Wednesday, Sept. 13. The club is for children between 2 years old - 6th grade. Child care will be available at the CDC for younger children. The club is looking for volunteers to be teachers, assistants, a music leader and a craft and game coordinator. Call Stephanie Thayer at 6716 or email thayer@mwr.is for more information.

Navy College

Navy College has announced the following testing schedule:

- CLEP, DSST, RCEP Exams - Sept. 5 and 19. Exams are 8 a.m. and 1 p.m.
- ACT Assessment - Aug. 22 and Sept. 26.
- ASE - Nov. 14 - 16. Personnel must register by Sept. 5.
- GED Testing - as needed.

Check in for exams is at 7:50 a.m. Testing begins at 8 a.m. in Building 349, Room 109. Military personnel test for free on most exams, but may have to pay a registration fee. Civilians pay for registration and an exam fee.

Housing Names

NAS Keflavík's Housing Office is soliciting ideas for new neighborhood names. The areas to be re-named are: Bird Housing, Tree Housing, Lower Commissary, Upper Commissary, Flower Housing, Berry Housing, Officer Housing, BOAC Housing and SP Housing. The Housing Office is looking for one overall theme, with names for each neighborhood that fit the theme, for example, names of American presidents, names of military heroes, etc. Submit nominations to the Housing Department, Box 81 before Sept. 1.

Reading is Fundamental

Reading is Fundamental is looking for committee members and volunteers for the 2000-2001 school year. Call Sandy Grasso at 2790 or 2111 if you are interested.

High School Sports Physicals

Sports Physicals for A.T. Mahan High School will be at 1 p.m., Aug. 23 at the Naval Hospital. Call 3301 to make an appointment. Students should bring their shot record and wear loose clothing.

Keflavík Cheerleading Association

The Keflavík Cheerleading Association is having sign ups at the Mini Mart on the information board. Coaches are also needed for cheerleading, flag and baton. For more information call Vickie at 6166.

Family Service Center

Check out the new Family Service Center newsletter online at:
www.naskef.navy.mil/services/FamilyServices/Newsletter.htm

Fall Carnival

Command and organizations interested in having a booth at the fall carnival should call BU1 Gary Washock at 7337 before Sept. 15 to make reservations. There will be a meeting Aug. 30 at 1 p.m. at the Family Service Center for all participants.

Road Construction

The intersection of International Highway and Broadway will be closed Aug. 21 - 23 for repairs and paving.

Autos

2000 Pontiac Sunfire – Five-speed, black, CD player, 6,900 miles, excellent condition, inspection good until next June, \$10,000 OBO. Call Jamie at 4352.

96 Ford Ranger XLT – 55,000 miles, bed cover, in great condition, very well kept, \$7,500. Call Brandon at 3885.

96 Nissan Sentra – Under 50,000 miles, excellent condition, very reliable, four door, anti-lock brakes, power steering, power windows/locks, five-speed. Email for price quote if interested at yeoman3_2@yahoo.com

95 Ford Explorer – Four wheel drive, loaded, 60,000 miles, awesome SUV in great shape, new tires, \$16,000. Need to sell quick. Call 4850 or 5888.

95 Ford Ranger XLT – Two-wheel drive, 5,200 miles, \$6,200 OBO. Call Collin at 3646.

94 Nissan King Cab 4x4 – 75,000 miles, power steering, ABS, manual transmission, 3" lift, 31" tires, chrome wheels, bed liner, sliding rear window, \$8,500 OBO.

93 Isuzu Rodeo – Four-wheel drive, four door with tailgate, five-speed, sunroof, power locks/windows, new "all terrain" tires and brakes, great condition, \$9,000 OBO. Call John at 2890.

92 BMW 316i – European specs, four door, great for an overseas follow on, loaded, fast, economical, has low miles and runs great, \$12,900 firm. Call John at 7843 or email adam_ant72@yahoo.com

91 GMC Safari Van – Holds seven passengers, lots of room! Great for family, minor work needed, \$3,500 OBO. Must sell by Aug. 22. Call Shawn at 2353 or email drnieman@mwr.is

90 Toyota Camry – Four door sedan, good condition, call for more information, \$3,500 firm. Call George at 5061 or 421-7082.

88 Hyundai Excel – Four door, inspection good until May, \$1,500 OBO. Available Sept. 3. Call Brian at 4908 or cell phone at 899-8024.

88 Peugeot 295 – Automatic, power brakes, AM/FM cassette, rear window defrost, 124,000 km (75,000 miles), runs good, very little rust, \$1,700. Call Jerry at 6270 or email jbarlow@mwr.is

87 Ford Tempo – Less than 90,000 miles,

needs some work, \$350 firm. Call Chris at 7264.

Plymouth Voyager – Runs great, automatic, new starter and tires, CD player, power locks, new motor in 1996, inspection good until March, asking \$3,500. Call George at 6070.

86 BMW 325i – Five speed, six cylinder, black, sunroof, CD player, custom rims, great condition, fast car, \$5,000. Call Bill at 6869 or call cell phone at 867-4032.

84 Nissan Sunny – Two-door, hatchback, new front brakes, exhaust and four mounted studded snow tires, inspection good through February, \$1,200 OBO. Call Tom at 4265.

For Sale

Alpine Climber – Cross trainer/stepper with digital readout, \$50 OBO. Call Brian at 2685 or email brimich@mwr.is

Amplifier – Fender practice amplifier, hardly used, with distortion and reverb, \$100. Call Kathy at 7737.

Baby Crib – with mattress, in new condition, \$25. Call Dave at 2939.

Cell Phone – Ericsson cell phone w/ chat board and case, \$100. Call John at 2683.

Chest – Solid cedar chest, hinged top, \$50. Email sloney@mwr.is

Computer – Pentium III, 450 Mhz, 160 RAM, 10 GB hard drive, 40 speed CD, CD-RW, high resolution monitor, Ekeyboard, HP color printer, \$1,200. Call 6166 or *61-8536.

Computer Monitor – 14" color monitor, \$50. Call John at 2683.

Furniture – Three piece furniture set, very good condition. White couch with hide-a-bed, loveseat and chair, comes with several large pillows and covers, \$300 OBO. Call Kathy at 7737.

Furniture – Five piece sectional couch with recliner at one end, tan, \$375 OBO; hardwood glass top coffee table and end table, light color, \$250 OBO; bedroom dresser w/ mirror, large, hardwood, \$200 OBO. Call Mike at 4242.

Furniture – Wooden loft bed with built in dresser and desk, \$400 OBO; wooden rocking chair, \$50; wingback chair, \$50. Call Tim at 4983 or email tbruton@mwr.is

Furniture – Broyhill hunter green round dining table with four chairs, \$100; two

gold lamps with burgundy shade, \$5 each. Call Tim at 4983 or email

tbruton@mwr.is

Furniture – Large curio cabinet/hutch, paid \$2,800, selling for \$300 OBO. Call Becca at 7271.

Furniture – Wood bunk beds with mattress included, \$150 OBO; girls twin bed frame, head/foot board, white with brass accents and porcelain flowered balls, \$75 OBO. Call Jodie at 7846.

Miscellaneous – HP color printer 670C w/ extra cartridges, \$85 OBO; entertainment center, will hold 31-inch television, plus videos, CDs, stereo components, \$100 OBO. Call Vic at 6245 if interested.

Miscellaneous – Assorted plants, \$2 - \$30; 40 gallon aquarium with stand, accessories and fish, \$250; five gallon aquarium with accessories and fish, \$20; two salamanders with tank and accessories, \$40; microwave, \$20. Call Ruth or Scott at 7943 or email rsmoore@mwr.is

Miscellaneous – Free twin bed set; Magnavox five-disc carousel CD player, \$75 OBO; boy's clothes 0 - 9 months, 75 cents - \$2; Cyclone fishing reel, never used, \$25; Graco portable crib, \$75. Call Michelle at 4939.

Nordic Track – Ski machine, \$150. Call Rose at 6399.

Scanner – Color scanner, \$75. Call John at 2683.

Stereo – Philips Magnavox mini-shelf system, three-disc changer, dual cassette, digital sound control, new, sounds great, \$150. Call Steve at 3896.

Television – ProScan 27" television in excellent condition, has picture in picture and too many options to list. Comes with universal remote and manual, \$500 OBO. Call Vic at 6245 or email Rnontv@mwr.is

Tires – Snowtires, 215/75 R15 M+S, with studs. Great winter tires, only used two seasons, \$175. Call Brian at 2685 or email brimich@mwr.is

Wanted

Truck – Looking for a late model, four-wheel drive extended or double cab truck. Call Mark at 5051.

Lost and Found

Lost Glasses – Lost ladies reading glasses

in a pink leather case. Glasses are round with gold colored frames. If found please call 6710.

Packout Sales

Bldg. 1109-3K-Dayroom – 6 - 9 p.m., Friday, Aug. 18 and 9 - 11 a.m., Saturday, Aug. 19. Multi-family sale with a wide range of things, clothes, toys, household items, computer stuff and electronic items.

Bldg. 671-Dayroom – 6 - 8 p.m., Friday, Aug. 18. Rocking chair, toys, clothes, PAL version Nintendo 64 games, children's videos and more.

Classified ad policy

In accordance with U.S. Navy Public Affairs Policy & Regulations (SECNAVINST 5720.44A), classified ads are available free of charge to personnel of the military community for the sale of personal items and services that represent an incidental exchange among base personnel. If you are involved in a commercial activity and wish to advertise in the White Falcon, please contact the publisher at 421-4717 to purchase your ad. The White Falcon office is open 8 a.m. - 5 p.m. Monday-Friday. Free classified ad deadline is 5 p.m. Monday for that week's edition. Free ads will be published for three weeks. To continue publication, resubmit the ad by phone or in person. If you expect to PCS soon or you have sold an advertised item, please contact The White Falcon staff at 4612 so the ad can be removed.